

### **Abstract of the Invention**

A method of decreasing the drowsiness of an individual is disclosed. The method includes the steps of (i) removing a towelette from a dispenser, the towelette being impregnated with a stimulating organic substance and/ or an ammonia containing substance, and (ii) contacting the skin of the individual with the towelette so that an amount of the stimulating organic substance and/or ammonia containing substance effective to decrease the drowsiness of the individual is transferred from the towelette to the skin of the individual. An associated apparatus is also disclosed.